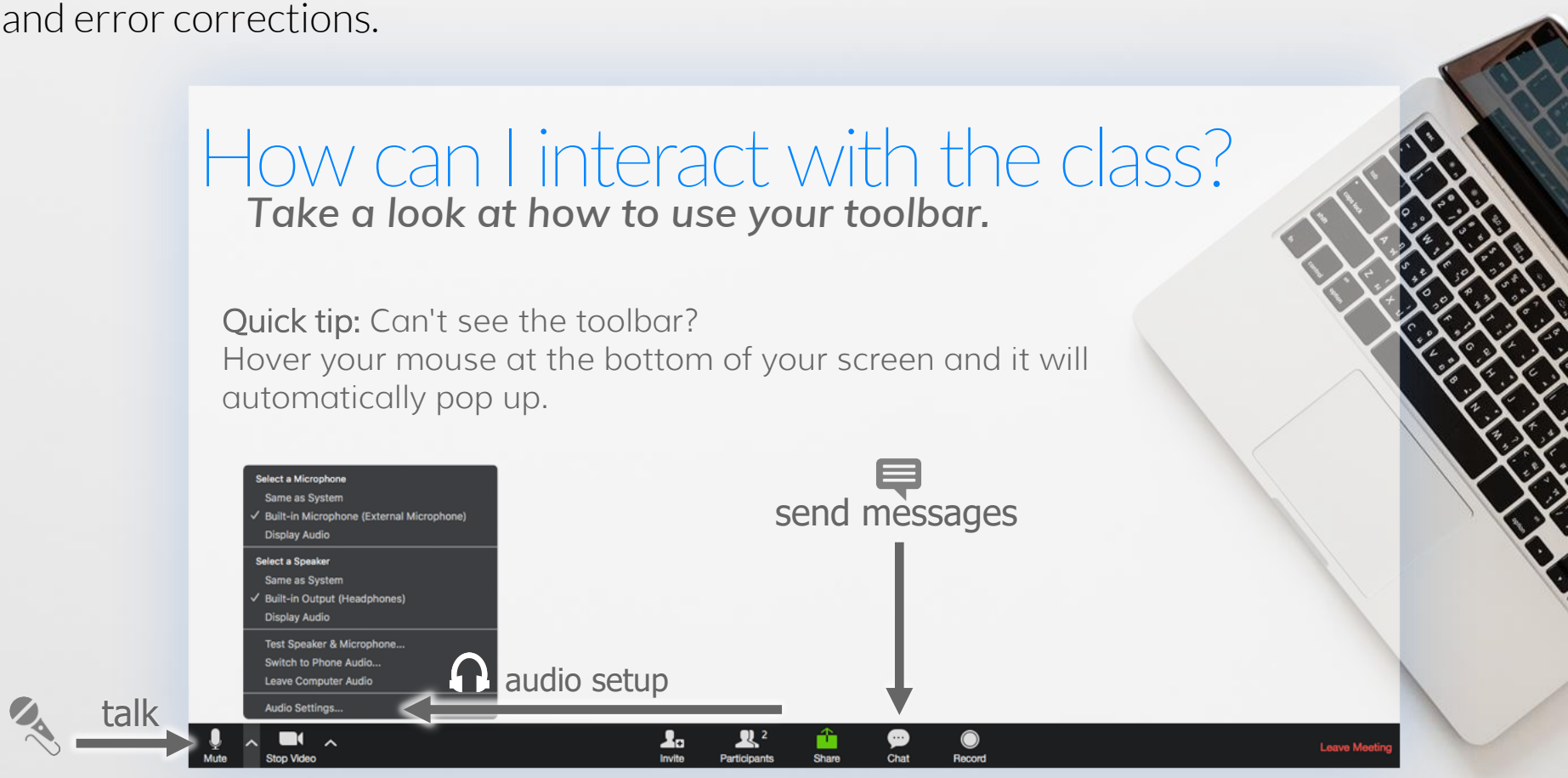
Welcome!

This is a classic class with a small group of students focusing on grammar, vocabulary, and error corrections.

How can I interact with the class?

Take a look at how to use your toolbar.

Quick tip: Can't see the toolbar?
Hover your mouse at the bottom of your screen and it will automatically pop up.



open english

Bodies in Motion

By the end of this lesson, you will be able to:

- identify joints in the body.
- talk about body parts used for different activities.
- discuss which sport is best for the body.

Warm Up

Answer the questions. Listen to your classmates' answers.

Look at the picture. What are they doing?

List three ways you take care of your body.

Which of these is the most important? Why?

Vocabulary Match

First, guess what each word means. Then, match the words to their definitions.

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joint

shoulder

ankle

elbow

wrist

knee

The joint between the leg and the foot

A place where two or more parts are connected

The joint between the upper and lower leg

The joint that connects the arm to the body

The joint between the arm and hand

The joint between the upper and lower arm

Vocabulary Fill in the Blank

Complete the sentences with the vocabulary words and answer the question.

The arthritis doctor can tell you about your _____.

Running on dirt paths is better for your _____ than running on concrete ones.

I will carry my son on my _____ at the festival.

I wear my watch on my left _____.

Tennis players often have trouble with their _____.

He got insect bites on his _____ from walking in the long grass.

knees	shoulders	ankles	elbows	wrist	joints

Which joint do you use the most when you exercise?

Discussion

Describe this picture and answer the questions with your teacher and classmates.

What is the woman in the picture doing?

Which joints are straight?

Which joints are bent?

Do you think she is healthy? Why or why not?

She is _____.

Her _____ is/are straight/bent.

She is/isn't healthy because _____.

Idiom

Talk to your teacher and classmates about this idiom and answer the question.

To use elbow grease = to work hard physically

Example: The car is really dirty. I'll need to *use* some *elbow grease* to clean it.

When do you *use elbow grease* at home?

Grammar Practice

Talk about the word *should*. Complete the sentences using the words in the blue boxes.

You can make a recommendation or give advice. You say: *should*

Example: You *should* exercise three times a week.

1. They _____ go to the beach today because it is raining.

2. She _____ ask the boss before she leaves early.

3. James takes great pictures. _____ should enter a photography contest.

should | He | shouldn't

What is something that you *should* do every day?

Discussion

Take turns asking your classmates these questions and giving your own answers.

In your opinion, which sport is healthiest for the body? Why is it better for you than other sports?

What do you do to keep your body healthy and fit?

Which is more important? Diet or exercise? Why?

Dialogue

Read the lines with a classmate. Take turns.

Craig: Hi, Jamie. You look great!

Jamie : Thanks. I have been working out at the gym.

Craig: What exercises do you do?

Jamie : The gym has a lot of great classes. I like the dance and yoga classes.

Craig: Those sound like fun.

Jamie : They are. You should come with me tomorrow.

Dialogue Fill in the Blank

Read the lines with a classmate and fill in the blanks with your own responses.

Craig: Hi, Jaime. You look great!

Jamie: Thanks. _____.

Craig: What _____?

Jamie: The gym has a lot of great classes. _____.

Craig: _____.

Jamie: They are. You should come with me tomorrow.

Sign Post

Read the quote and discuss.

"Dance like nobody's watching."

-Satchel Paige
(U.S. Baseball Player, 1906-1982)

What does this mean to you?

Are you a good dancer? Why or why not?

Do you ever dance when you're alone? Talk about it.

Culture Corner

Read the paragraph about culture and discuss.

Hula is a dance from Hawaii. This dance uses smooth body movements and songs or chants. The movements of the body are smooth to imitate the flow of the ocean waves. This dance is used to tell stories.

1. What are the cultural dances of your country?
2. What dances do you know how to do?
3. Explain how to do a dance from your country.

Role Play

Choose a role and act it out with a partner. Take turns.

Student A

You want to be healthier this summer. Your friend is very healthy. Ask your friend how you can be healthier.

Student B

You are very healthy. Give your friend advice on how to be healthier. Suggest an exercise for your friend.

Group Role Play

Read the situation. Then, work together to complete the task.

You are a yoga teacher. Choose a yoga pose and give instructions to your class. If you are a student, ask questions about the pose.

1. Which joints should you bend?
2. Which joints should be straight?
3. How should students breathe?

Wrap Up

Talk with your class and answer the questions.

Pulling it all together:

Name three joints in the body.

Describe a cultural dance in your country.

Make a recommendation with *should*.

What exercise is best for the body?